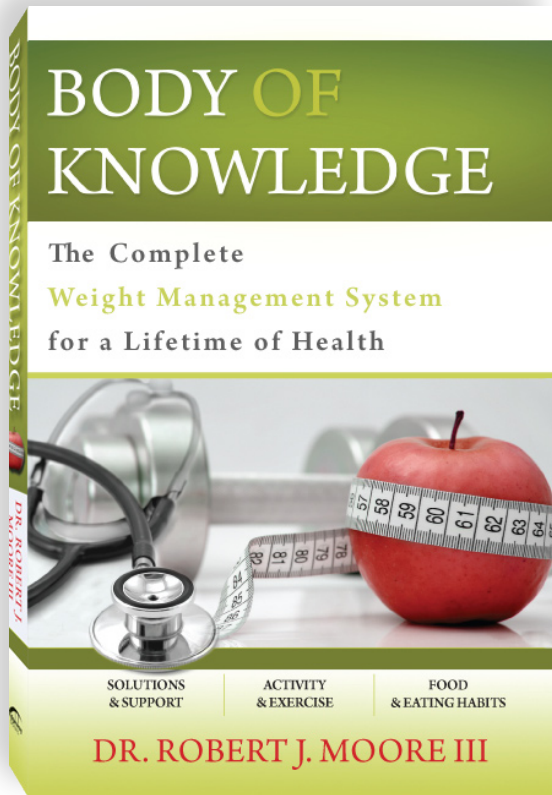


BODY OF KNOWLEDGE

The Complete Weight Management System for a Lifetime of Health



Obesity is America's fastest growing epidemic. Two out of three Americans are either overweight or obese and face an increased risk for heart disease, diabetes, and some forms of cancer as a result. Dr. Moore employs science, case studies, and a healthy dose of common sense to show readers how diet and exercise truly affect the body. He also addresses the importance of identifying and managing the mental roadblocks we face on the path to greater wellness. Discover why Body of Knowledge isn't just another diet but a plan for lifelong wellness.

Dr. Robert J. Moore III is a former athlete who has been practicing medicine for fifteen years and helping people manage their weight for over twenty years. He now lives in Houston, Texas, where he continues to pursue his passion for wellness and preventative medicine.

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